



Menu P-8 2022-2023



chartwells

CHEF'S TABLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Mac 'n Cheese with Veggies & Dip served with choice of milk or juice \$6.50	Tex Mex Tacos with Mexican Rice and Corn served with choice of milk or juice \$6.50	Sweet & Sour Chicken, Rice Bowl & Stir Fried Veggies served with choice of milk or juice \$6.50	Spaghetti with Meat Sauce & Caesar Salad served with choice of milk or juice \$6.50	Hamburger & Roasted Potato Wedges served with choice of milk or juice \$6.50
WEEK 2	Baked Goulash with Caesar Salad served with choice of milk or juice \$6.50	Lasagna & Garlic Breadstick served with choice of milk or juice \$6.50	Hot Chicken on a Bun, with Side Corn served with choice of milk or juice \$6.50	Shepherds Pie Bowl with Steamed Carrots served with choice of milk or juice \$6.50	BBQ Chicken Drumstick, Mashed Potato & Carrot Sticks served with choice of milk or juice \$6.50
Daily Alternate Meal Week 1 and 2	Popcorn Chicken Mashed Potato Bowl & Corn served with choice of milk or juice \$6.50	Grilled Cheese Sandwich & Chicken Noodle Soup served with choice of milk or juice \$6.50	Cheese Pizza Slice & Caesar Salad served with choice of milk or juice \$6.50	Chicken Nuggets, Home Made Wedges & Veggies served with choice of milk or juice \$6.50	Pancakes with Syrup & Fresh Fruit served with choice of milk or juice \$6.50
September 6-8 September 19 - 22 October 3 - 7 October 17 - 21 October 31 - Nov 4 November 14 - 18 Nov 28 - Dec 2	WEEK 1 DATES December 12 - 16 December 26 - 30 January 9 - 13 January 23 - 27 February 6 - 10 February 20 - 24 March 6 - 10	WEEK 2 DATES September 12 - 16 September 26 - 30 October 10 - 14 October 24 - 28 November 7 - 11 November 21 - 25 December 5 - 9	WEEK 2 DATES December 19 - 23 January 2 - 6 January 16 - 20 January 30 - February 3 February 13 - 17 February 27 - March 3 March 13 - 17	March 27 - 31 April 10 - 14 April 24 - 28 May 8 - 12 May 22 - 26 June 5 - 9 June 19 - 23	



Daily Items P-8 2022-2023



BREAKFAST		Bagel with Butter \$ 2.25 Bagel with Cream Cheese \$ 3.25 Yogurt Parfait \$ 3.00
GRILL		Grilled Hamburger \$ 4.25 Cheeseburger \$ 5.00 Grilled Chicken Burger \$ 4.75 Crispy Chicken Burger \$ 4.75 Chicken Nuggets with Sauce \$ 3.75 Hand Made Oven Roasted Potato Wedges \$ 3.40 Baked Popcorn Chicken with Sauce \$ 3.75 Baked Fries \$ 3.40 Gravy \$ 0.50
SANDWICH		Tuna Salad Sandwich on WW \$ 4.25 Grilled Cheese Sandwich \$ 4.10 Ham & Cheese on WW \$ 4.25 Chicken Snack Wrap \$ 4.00
SALAD		Garden Salad - 12oz \$ 3.50 Caesar Salad - 12oz \$ 3.50 Fruit Salad \$ 2.75 Tomato Basil Pasta Salad \$ 4.50
PIZZA		Pizza Slice \$ 4.25 Garlic Fingers \$ 4.50 Panzarotti \$ 6.00

GRAB & GO		Baked Tortillas and Salsa \$ 2.75 Veggies and Dip with Hummus \$ 3.65 Veggies and Dip with Ranch \$ 3.00 Cheese, Grapes and Crackers \$ 3.95 Apple Wedges with Honey Yogurt Dip \$ 3.00 Local Apples \$ 1.50 Bananas \$ 1.50 Fresh Grapes (2oz) \$ 1.85 Fruit Smoothie \$ 2.75 Carrot & Celery stix with dip \$ 2.00
GRAB & GO		Small Milk \$ 0.40 Large Milk \$ 0.80 Small Chocolate Milk \$ 2.00 Large Chocolate Milk \$ 3.00 500ml Water Nestle \$ 1.75 591ml Water Aquafina/Dasani \$ 2.25 Can Juice \$ 2.00 Sparkling Can Water \$ 2.00
BAKERY		1oz Cookie \$ 0.85 Fresh Baked Muffin Small \$ 1.25 Reduced Fat Banana Loaf \$ 1.50 Oatmeal Berry Loaf \$ 1.50 Cinnamon Buns \$ 1.75 Rice Krispie Square \$ 1.00